SERIAL NO. FC******-DI

PRO POWER

AB Trainer Pro

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

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General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact CUSTOMER SUPPORT, by either of the following means.

Customer Support

Email:- help@disupport.co.uk

Fax:- 01535 637722

Post: D.I. Support
c/o Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire
BD20 7BW

Queries

If you do have any queries, please ensure that you include the following information

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

*This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -*

a). Provide parts for the purchaser to effect repair.

b). Repair the product, returned to our warehouse (at the purchaser's cost).

This guarantee does not cover wear and tear on upholstery or consumables.

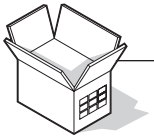
This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we may ask for proof of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

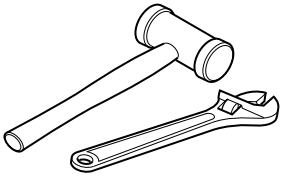
This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.



Before you Start



Tools

If required, all of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- *Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- *For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- *Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- *Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- *Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- *Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

Your product is suitable for users weighing:
242LBS / 17.2 Stones / 110KG or less.

Conformity

This product conforms to:
(BS EN 957) - PART 1 and 4 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.

Exercising Information

Beginning

How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you MUST start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.

Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.

Exercising Information

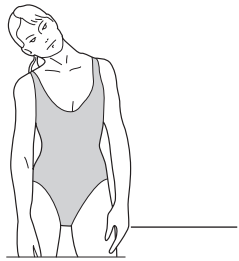
Target Zone *(con't)*

USERS AGE	UNCONDITIONED *TARGET ZONE - A*	CONDITIONED *TARGET ZONE - B*
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

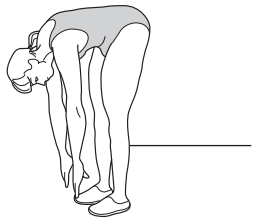
Warm Up and Cool Down Exercises



Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.

Head Roll

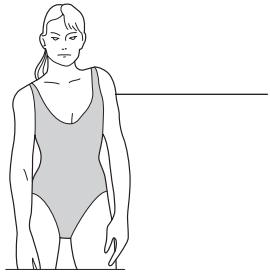
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

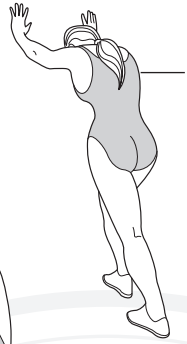
Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information



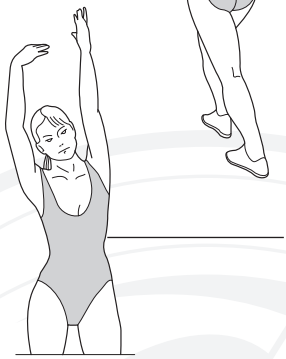
Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder.
Repeat 3 - 4 times.



Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg.
Repeat 2 - 3 times.



Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm.
Repeat 3 - 4 times.

Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.

Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended.
Repeat 2 - 3 times.

Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

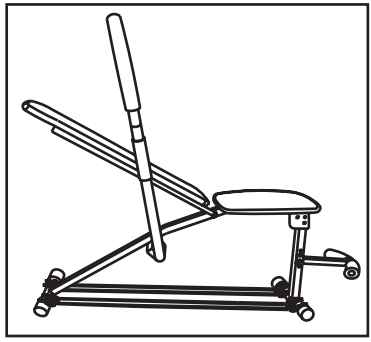
This is only a suggested programme and may not suit every individual's needs.

Exercising Information

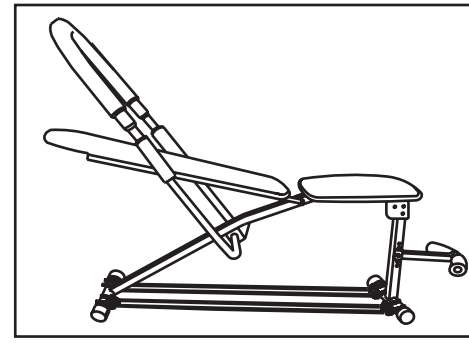
BEGINNERS

8-10 repetitions, 1-2 Sets.

Start with exercises 1 and 2. Position your AB Trainer Pro at the setting you are most comfortable with and select the resistance level dependant on your fitness. During the exercise, try to keep the movement slow and controlled, counting two seconds up, two seconds down. When you are able to complete both exercises for the recommended sets, move on to the Intermediate/Advanced level of the workout.



1 Beginners

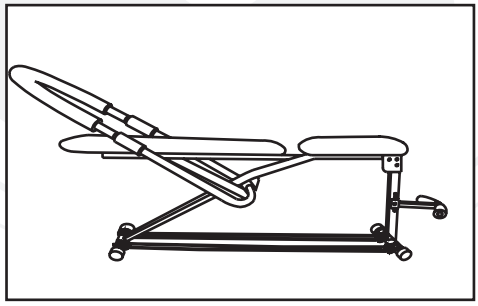


2 Beginners/Intermediate

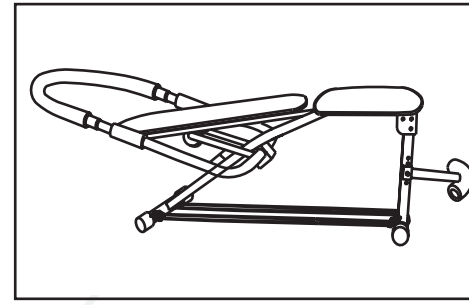
INTERMEDIATE/ADVANCED

10-20 repetitions, 3-4 Sets.

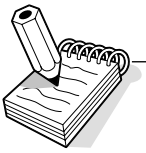
Position your AB Trainer Pro at the setting you are most comfortable with and select the resistance level dependant on your fitness. During the exercise, try to keep the movement slow and controlled, counting two seconds up, two seconds down. Remember, when you are able to complete both exercises for the recommended sets, you can always increase the resistance level, repetitions or sets to make the workout more challenging.



3 Intermediate/Advanced



4 Advanced



Exercise Notes

Use this space to record your own exercise routine results.

Exercise Notes

Use this space to record your own exercise routine results.

Assembly

D.I. Support

c/o Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

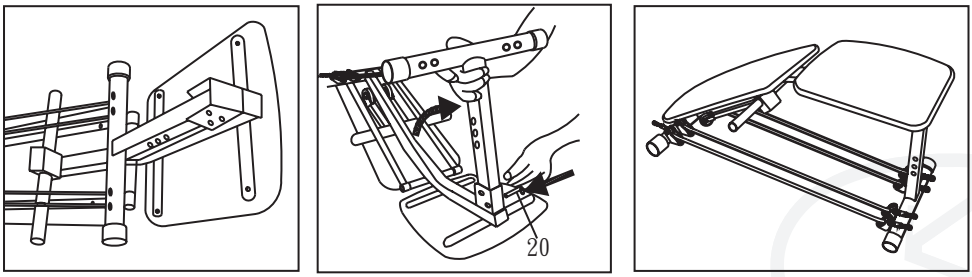
PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

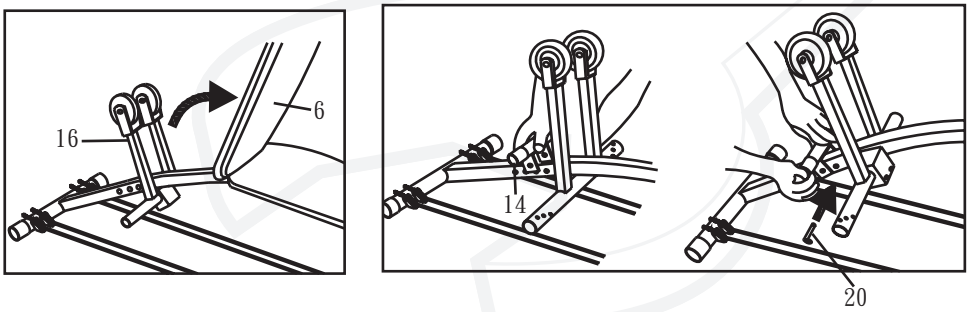
Fax:- 01535 637722 or
E-mail:- help@disupport.co.uk

HOW TO ASSEMBLE

STEP 1- With the AB Trainer Pro inverted, unfold the front leg and lock it with the pin (20b). Then, turn over the AB Trainer Pro.

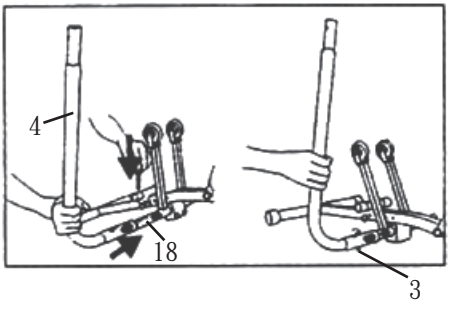


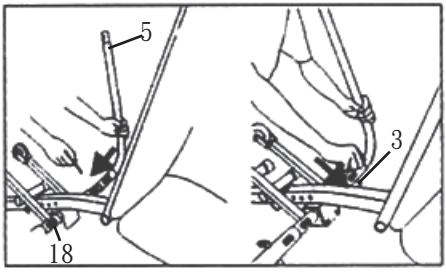
STEP 2- Lift the Backrest (6) followed by the Backrest Support (16). Romove the Support Tube (14) from its packed position, turn upside down and secure to the main frame with Pin (20).



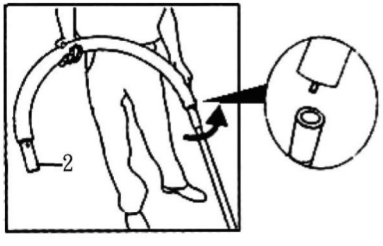
Assembly

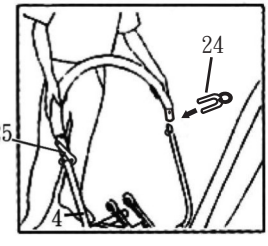
STEP 3- Insert the right Lower Handlebar (4) over the r/h side of the Round Tube (18), and insert 1 x Pin (3) to lock it. Insert the left Lower Handlebar (5) over the l/h side of the Round Tube (18), and insert 1 x Pin (3) to lock it.
Make Sure you select the same hole on both sides to Keep the Handle positioned centrally. There are 3 positions to choose from, dependant on the users height.

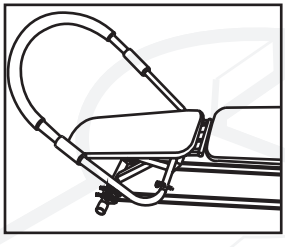




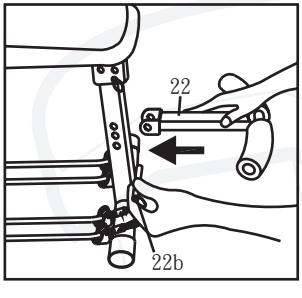
STEP 4- Take the Handle (2) and Locate the plastic fitting in the Elbow (2b) into the socket (4a) on part 4. This will only fit together one way (see inset). Once connected, swing the Handle (2) round to meet with the end of the Left Lower Handlebar (5). Secure with 1 x U-Pin (24). Hook the Plastic Latch (25) on the Handle (2) over the Catch on the top of the R/H Lower Handle (4).

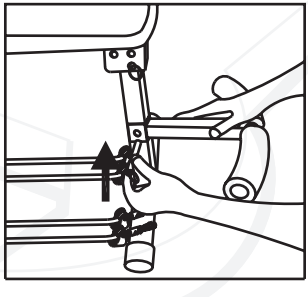






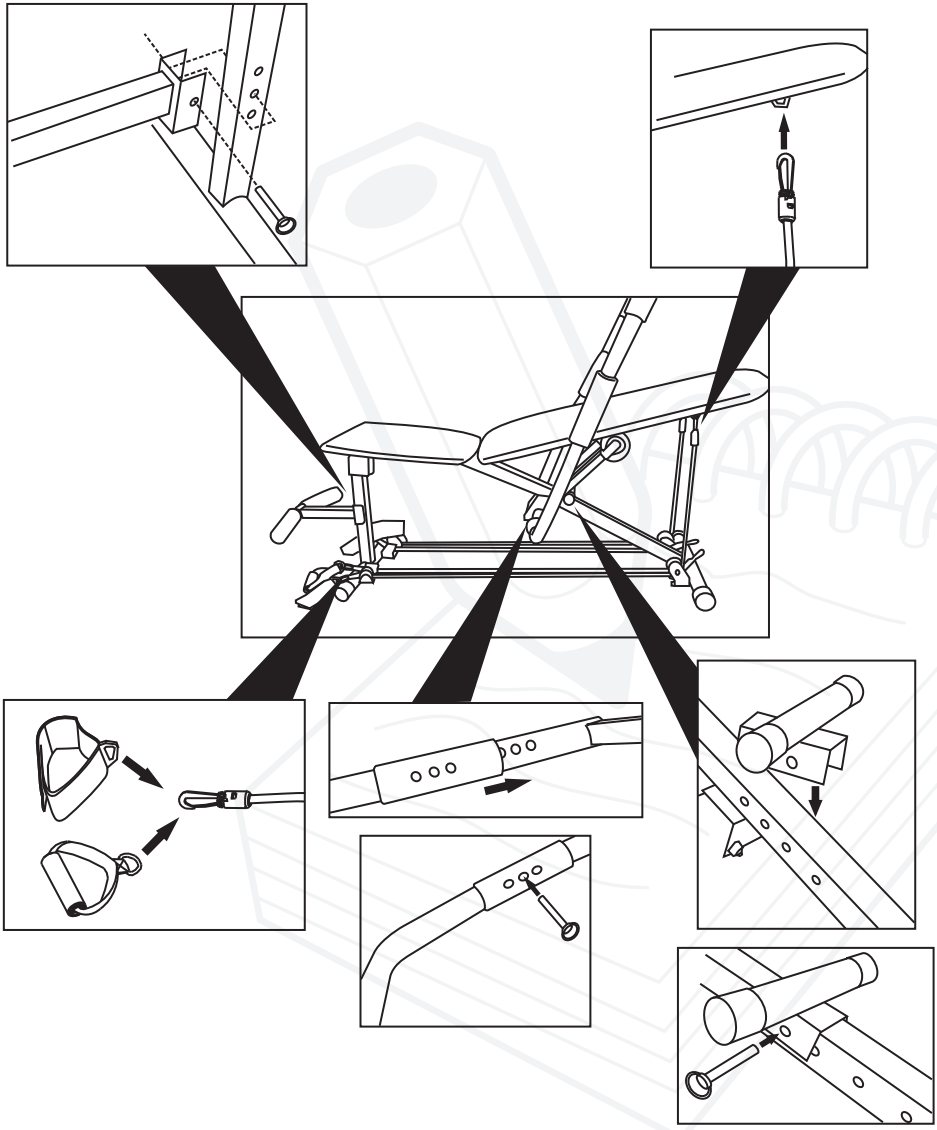
STEP 5- Attach the Leg Extension (22) to the appropriate hole. Insert the pin (22b) to lock it. There are 3 positions to choose from dependant on the users height.



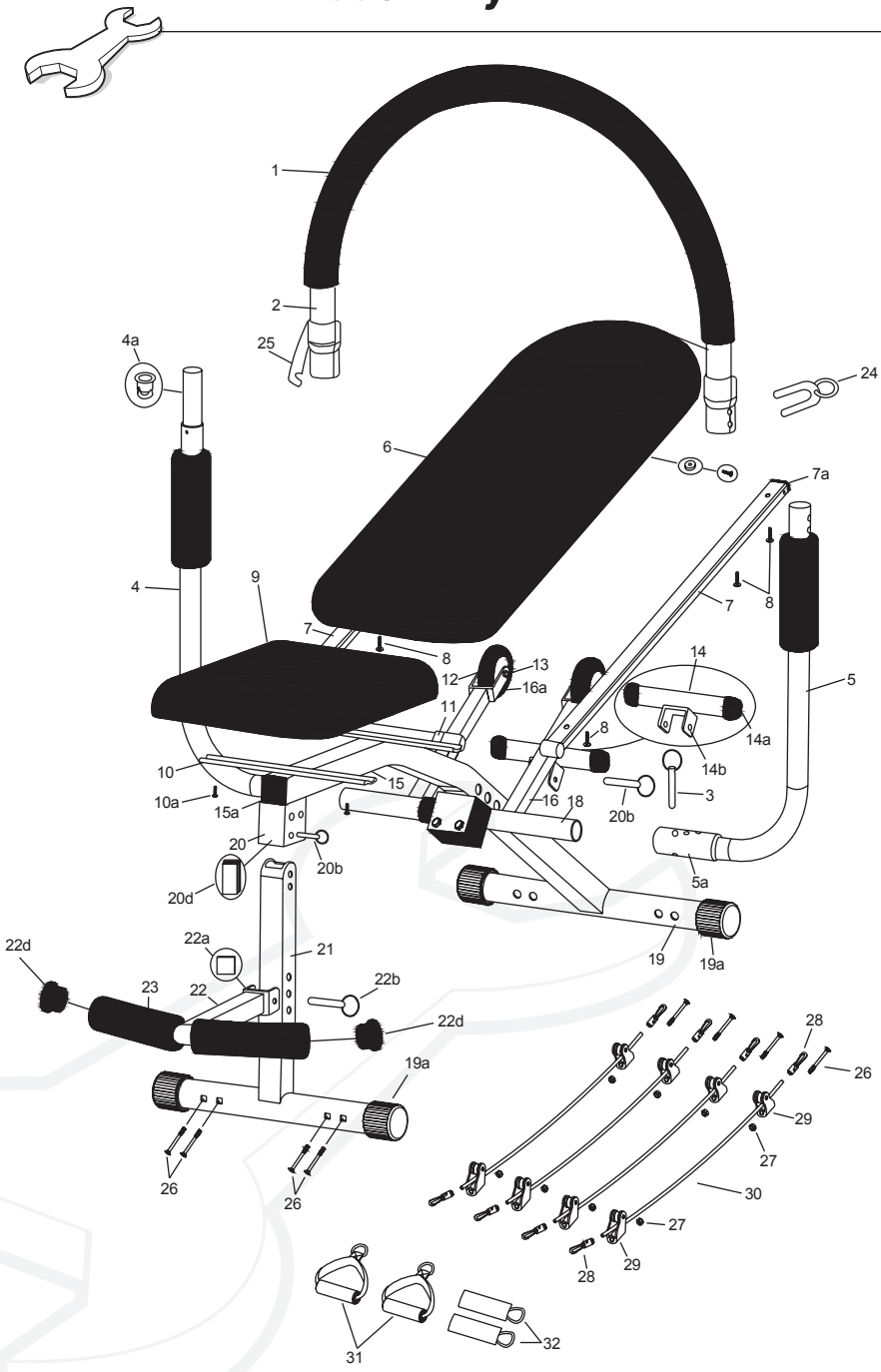


Assembly

To exercise, clip the Resistance Bands to the back of the Backrest.
The Leg Strap exercises predominately work the thighs, hamstrings, hips and buttocks. Secure the Leg Strap around the ankle or ball of your foot. Loop and tighten the strap so it is comfortable.
To exercise, clip each Handle onto the end of the Resistance Bands. Before pulling the Handles ensure that you are properly positioned on the machine (refer to the exercise instructions).
The bands have two colours, blue and red. Both of them can use the same resistance.



Assembly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7a
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16a
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14b
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20d
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22a
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22b
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32

Assembly

MASTER PARTS & ACCESSORY LIST

PART No.	DESCRIPTION	QTY
1	FOAM GRIP	1
2	UPPER HANDLEBAR	1
3	PIN	2
4	LOWER HANDLEBAR R	1
4a	PLASTIC ROTATOR	1
5	LOWER HANDLEBAR L	1
5a	ROUND SLEEVE	2
6	BACKREST	1
7	BACKREST SUPPORT	2
7a	END CAP	2
8	SCREW	6
9	SEAT	1
10	SEAT BRACKET	2
11	SEAT SUPPORT	2
12	WHEEL	2
13	SCREW	2
14	SUPPORT TUBE	1
14a	END CAP	2
15	MAIN FRAME	1
15a	END CAP	1
16	WHEEL SUPPORT.	2
17	NA	
18	ROUND TUBE	1
19	REAR STABILISER	1
19a	ROUND END CAP	4
20	U BRACKET	1
20b	PIN	3
20d	END CAP	1
21	FRONT STABILISER	1
22	LEG EXTENSION	1
22a	RUBBER	1
22b	PIN	1
22d	ROUND END CAP	2
23	FOAM GRIP	2
24	U PIN	1
25	PLASTIC LATCH	1
26	M8 x 86mm SQUARE BOLT	8
27	M8 LOCKOUT NUT	8
28	BUCKLE	8
29	PULLEY	8
30	RESISTANCE CORDS	4
31	HANDLES	2
32	ANKLE STRAPS	2

PRO POWER

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